

## Wellbeing: Acrylic Paint Pouring

### Course overview

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This is a slightly messy but very relaxing way to create art. Once practiced it is easy to do at home so will be able keep creating wonderful pieces of art at home. The 2 sessions allow us to create using both the traditional pour method and the even less structured messy pour method.

### What will I study?

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You will:

- Practice the principles of setting up your pouring area
- Mix acrylic paints with the other ingredients to prepare them for pouring
- Layer your paints and colours
- Traditional paint pour to lay down colours
- Messy paint pour to create more organic colour flows
- Work with a form of artistic creation that easily lends itself to meditation or mindfulness

### Assessment method

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You will participate in discussions, practical activities, Q&A, and receive verbal feedback from the tutor throughout the workshop.

### Entry requirements

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This course is open to all.

### What should I bring with me?

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You will need to provide your chosen method of note-taking such as notepad & pen or tablet. Wear old clothes or bring an apron.

## Key information

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The paint will take time to dry so please consider how you will get your art home on the second week. Anything created in the first week will be completely dry by the time you take it home on week 2.

## Possible next steps

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Following the successful completion of this course, you will be supported to enrol on to other wellbeing course or signposted to another course suitable for you.

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



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